

Youth Classes

TUTORING STUDY HALL

Stop the homework battles at home. After school tutoring in reading, math, writing, and science for 3rd thru 8th graders. Students will work on homework, study for tests, and improve study habits. Sign up for 10 weeks and save. No class April 19 & 21.

Murdy Community Center Game Room			Tutoring Club		
5300.200	8yrs to 13yrs	3/29 - 6/09	3:15pm-5:15pm	Tu Th	\$249
5300.201	8yrs to 13yrs	3/29 - 5/05	3:15pm-5:15pm	Tu Th	\$149
5300.202	8yrs to 13yrs	5/10 - 6/09	3:15pm-5:15pm	Tu Th	\$149

VOLLEYBALL: JUNIOR SPIKERS ADVANCED

For juniors that have already taken multiple camps and are more serious about improvement. Juniors from the Mondays and Wednesday class may be invited to move to Thursday. If you are not sure, sign up for Monday or Wednesday.

City Gym Gymnasium			Win Win Promotions LLC		
5255.201	10yrs to 13yrs	3/31 - 6/02	4:00pm-5:30pm	Th	\$153

VOLLEYBALL: JUNIOR SPIKERS INDOORS

Much like Club Volleyball, Junior Spikers will meet one day each week and learn all the elements of the game. Class will include instruction on technique, drills to reinforce, and plenty of team play. Juniors will be given a Jr. Spikers t-shirt the first day of class. No Class Monday May 30.

City Gym Gymnasium			Win Win Promotions LLC		
5254.201	10yrs to 11yrs	3/28 - 6/06	3:30pm-4:45pm	M	\$153
5254.202	12yrs to 13yrs	3/28 - 6/06	4:45pm-6:00pm	M	\$153
5254.203	10yrs to 11yrs	3/30 - 6/01	3:30pm-4:45pm	W	\$153
5254.204	12yrs to 13yrs	3/30 - 6/01	4:45pm-6:00pm	W	\$153

YOGA: LITTLE YOGA MONKEYS

Little Yoga Monkeys is a uniquely designed program that introduces yoga to children ages 2 thru 7 in a fun way. A certified yoga instructor weaves animal name yoga postures into fun animal stories. Children get to use their imagination and creativity while joyfully mimicking animals, accompanied by theme and age appropriate music.

Lake View Clubhouse			Johnson, Monica		
5318.201	6yrs to 7yrs	3/30 - 4/20	12:00pm-12:30pm	W	\$43
5318.202	6yrs to 7yrs	4/27 - 5/18	12:00pm-12:30pm	W	\$43



Adult & Teen Classes

ALTERNATIVE COOKING FOR CERT, BOY SCOUTS, CAMPING

We will be learning outdoor cooking alternatives (Dutch ovens, box ovens) for use in camping, hiking and disasters. First and sixth classes will be instruction, and all others will be hands on cooking (food donations required). Instructor is HB CERT cooking leader and boy scout cooking merit badge counselor.

Murdy Community Center Patio			Benjamin, Rev. Barbara		
4479.200	12yrs to Adult	3/29 - 5/17	6:30pm-8:00pm	Tu	\$75
4479.201	12yrs to Adult	4/02 - 5/21	10:00am-11:30am	Sa	\$75

AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. No class May 30th.

City Gym Pool			Lowry, Dawnette		
4314.201	16yrs to Adult	3/28 - 6/06	8:15am-9:25am	M	\$97
4314.202	16yrs to Adult	3/30 - 6/08	8:15am-9:25am	W	\$106
4314.203	16yrs to Adult	4/01 - 6/10	6:45am-8:00am	F	\$106

AQUATIC EXERCISE: AQUA EXERCISE

Work your body while having fun in this high energy Aquatic class. Combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away.

City Gym Pool			Thurn, Debra		
4466.201	Adult	4/01 - 6/10	1:15pm-2:00pm	F	\$89

AQUATIC EXERCISE: AQUAEVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

City Gym Pool			Lowry, Dawnette		
4311.201	16yrs to Adult	4/01 - 6/10	5:30pm-6:30pm	F	\$83

AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class May 30th.

City Gym Pool			Lowry, Dawnette		
4312.201	16yrs to Adult	3/28 - 6/08	7:00am-8:00am	M W	\$146
4312.202	16yrs to Adult	3/29 - 6/09	7:00am-8:00am	Tu Th	\$153
4312.203	16yrs to Adult	3/29 - 6/09	8:20am-9:20am	Tu Th	\$153
4312.204	16yrs to Adult	3/28 - 6/06	7:00am-8:00am	M	\$76
4312.205	16yrs to Adult	3/30 - 6/08	7:00am-8:00am	W	\$83
4312.206	16yrs to Adult	4/01 - 6/10	8:20am-9:20am	F	\$83
4312.207	16yrs to Adult	4/02 - 6/11	7:00am-8:00am	Sa	\$83

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class May 30.

City Gym Pool			Zschach, Alicia		
4310.201	12yrs to Adult	3/28 - 6/06	5:30pm-6:30pm	M	\$75
4310.202	12yrs to Adult	3/30 - 6/08	5:30pm-6:30pm	W	\$82
4310.203	12yrs to Adult	3/28 - 6/08	5:30pm-6:30pm	M W	\$152

Adult & Teen Classes



AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

City Gym Pool Thurn, Debra
4313.201 Adult 4/01 - 6/10 11:15am-12:00pm F \$89

AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required.

City Gym Pool Thurn, Debra
4315.201 Adult 3/28 - 5/06 12:15pm-1:15pm M W F \$121
4315.202 Adult 5/09 - 6/10 12:15pm-1:15pm M W F \$97
4315.203 Adult 3/29 - 5/05 12:30pm-1:30pm Tu Th \$84
4315.204 Adult 5/10 - 6/09 12:30pm-1:30pm Tu Th \$71

AQUATIC THERAPY: AQUATHERAPY

This fun and therapeutic class is performed in the deep-end working on core work as well as a full body work-out. We will move into the shallow end for additional core work and upper extremity strength. Requires aqua-belt or noodles available in class. Paddles available for upper body strengthening. No class May 30th.

City Gym Pool Thurn, Debra
4316.201 Adult 3/28 - 6/06 1:15pm-2:00pm M \$81
4316.202 Adult 3/30 - 6/08 1:15pm-2:00pm W \$89

ART: BASIC HUMAN ANATOMY AND LIFE DRAWING

Interested in drawing people? The class will focus on the fundamentals of human proportions and facial structures. Every week there will be an emphasis on a different part of the human body and by the end of the course, you will be able to recreate a full self-portrait. Materials List.

Art Center Multipurpose Room Mao, Patrick
6322.201 13yrs to Adult 3/31 - 5/19 5:00pm-6:30pm Th \$96*
*\$86 HBAC Members

ART: ACRYLIC PAINTING INTERMEDIATE & ADVANCED

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Multipurpose Room Francesco, Anna Marie
4301.201 Adult 4/02 - 5/21 3:00pm-5:00pm Sa \$96
*\$86 HBAC Members

ART: BASIC PRINTMAKING AND IMAGE TRANSFER

Printmaking is an ancient technique used to reproduce copies of images. In this class, students will learn basic forms of printmaking using materials such as linoleum block and rubber stamps. Students will also learn techniques to transfer images using acetone. Designed to be fun, these techniques can be used in a variety of ways. Materials list.

Art Center Multipurpose Room Mao, Patrick
6323.201 13yrs to Adult 3/31 - 5/19 6:30pm-8:00pm Th \$86*
*\$76 HBAC Members

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. Materials fee of \$10 due at first class.

Art Center Studio Oquist, Courtney
4468.201 13yrs to Adult 3/30 - 5/18 6:30pm-8:00pm W \$101
*\$91 HBAC Members

ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided.

Rodgers Senior Center Hall D Wong, Diana
4322.201 Adult 4/01 - 4/22 1:30pm-4:00pm F \$59

ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Art Center Multipurpose Room Weston, Kurt
4304.201 16yrs to Adult 4/01 - 5/06 3:30pm-5:30pm F \$86*
*\$76 HBAC Members

ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose Room Weston, Kurt
4305.201 16yrs to Adult 4/01 - 5/06 1:00pm-3:00pm F \$91*
*\$81 HBAC Members

ART: DIGITAL PHOTOGRAPHY ADVANCED

Advanced digital photography led by Art photographer Kurt Weston (MFA) will guide you through 6 lessons of technical and creative challenges. Students will learn advanced camera settings, post-productions editing, image correction and digital printing techniques. This advanced course will include critiques and portfolio development.

Art Center Multipurpose Room Weston, Kurt
4819.201 Adult 4/01 - 5/06 10:30am-12:30pm F \$91*
*\$81 HBAC Members

Adult & Teen Classes

ART: DRAWING AND PAINTING

Maximize your time. This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Art Center Studio Kent, Pati
4302.201 12yrs to Adult 3/29 - 5/03 6:00pm-7:30pm Tu \$91*
*\$81 HBAC Members

ART: OIL/ACRYLIC PAINTING - ALL LEVELS

Develop basic painting skills and techniques through demonstration, lecture and personal help. Easy elements of drawing, color and design are introduced as well. Painting subjects vary. Emphasis is on oil techniques but acrylics are welcome. Materials list is available at Rodgers Senior Center or on line at www.ReginaHurley.com.

Rodgers Senior Center Hall D Hurley, Regina
4814.201 50yrs + 3/29 - 5/03 10:00am-11:30am Tu \$40

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$12 material fee due at first class.

Murdy Community Center Hall C&D Husting, Margaret
4395.200 13yrs to Adult 3/31 - 6/09 1:00pm-2:00pm Th \$77

Rodgers Senior Center Hall E Husting, Margaret
4396.201 13yrs to Adult 3/30 - 6/08 9:00am-10:00am W \$77

ART: SILVER JEWELRY

Students will be able to learn several different skills while creating their own silver clay jewelry. Four to six projects will be completed depending on each individual's skill and speed. Walk away with a finished work in silver clay. Each project will have a \$25 material fee. All materials provided.

Art Center Multipurpose Room Jewelry Studio, Verona Tang
3603.201 13yrs to Adult 3/30 - 5/04 4:00pm-6:00pm W \$101*
3603.202 13yrs to Adult 4/02 - 5/07 2:00pm-4:00pm Sa \$101*
*\$91 HBAC Members

ART: WATERCOLOR BEGINNING INTERMEDIATE

For beginning to advanced watercolorists who wish to create paintings and improve their proficiency in the watercolor media. Class focuses on skills and techniques at all levels. This class is so popular we offer it on two different days - pick the one that works for you. Materials list.

Art Center Studio LoSchiavo, Diana
4308.201 Adult 3/29 - 5/17 10:00am-1:00pm Tu \$111*
4308.202 Adult 4/01 - 5/20 1:00pm-4:00pm F \$111*
*\$101 HBAC Members

BEACH VOLLEYBALL: ADULT ACADEMY BEGINNERS

This adult program focuses on fundamental skills and strategies of the game. Beginner players will be taught by our experienced beach volleyball coaches. Sessions will be structured around progression from skill development drills, to applying the skill in a game situation.

Beach Courts, North of Pier Beach Volleyball, California
4438.201 Adult 3/28 - 5/30 6:00pm-7:20pm M \$150
4438.202 Adult 3/29 - 5/31 5:30pm-6:50pm Tu \$150

BEACH VOLLEYBALL: ADULT ACADEMY INTERMEDIATE

This adult program is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by our experienced beach volleyball coaches will be structured around a progression from skill development drills, to applying the skill in a game situation.

Beach Courts North of Pier Beach Volleyball, California
4484.201 Adult 3/31 - 6/02 5:30pm-6:50pm Th \$150

BEACH VOLLEYBALL: GIRLS ACADEMY

Youth Academy Program involves high quality training, focused on mastering fundamentals/strategies of the game. To ensure quality training, numbers are limited. Athletes are encouraged to participate in the summer beach volleyball events.

Beach Courts North of Pier Beach Volleyball, California
4444.201 15yrs to 18yrs 3/28 - 5/30 4:45pm-5:45pm M \$150

BEACH VOLLEYBALL: SAND CONDITIONING

This is a sand based fitness program, beneficial to anyone who wants an intense, uniquely different workout. The program is based around movements specific to beach volleyball. Many of the stations replicate movement patterns that benefit all athletes. Workout consists of stations of activity and rest.

Beach Courts North of Pier Beach Volleyball, California
4442.201 15yrs to Adult 4/12 - 5/31 7:00pm-7:40pm Tu \$60
4442.202 15yrs to Adult 4/14 - 6/02 7:00pm-7:40pm Th \$60

BICYCLING STREET SKILLS

Learn how to drive your bike safely, legally and confidently in traffic. Includes crash avoidance techniques on bike skills and bike safety checks. For experienced cyclists and excellent for beginners. Thursday evening classroom session is followed by an "on bike" skills development session the following Saturday. Bike and helmet required for Saturday session only.



Rodgers Senior Center Game Room Powers, James
3650.201 14yrs to Adult 4/14 6:00pm-9:00pm Th \$39
On Bike Skills 4/16 9:00am-1:00pm Sa

BRIDGE: BEGINNING

American standard bridge will be taught. Five card major, convenient minor, much more to help you have fun while you learn the technique. Class consists of lecture, discussion and play. You do not need a partner.

Rodgers Senior Center Hall E Spira, Rita
4318.201 Adult 3/28 - 5/16 2:00pm-4:00pm M \$54
4318.202 Adult 3/29 - 5/17 6:30pm-8:30pm Tu \$54

BRIDGE: INTERMEDIATE

This class is for those who are more than beginners but less than experts. Learn Stayman, Jacoby Transfer, Weak 2 and many others. You do not need a partner. Class consists of lecture, discussion and play.

Rodgers Senior Center Hall E Spira, Rita
4319.201 Adult 3/29 - 5/17 2:30pm-4:30pm Tu \$54
4319.202 Adult 3/30 - 5/18 6:30pm-8:30pm W \$54

Adult & Teen Classes

CAKE DECORATING I

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C				Mejia, Helen
4321.200	12yrs to Adult	3/29 - 4/19	6:00pm-8:00pm	Tu \$50
4321.201	12yrs to Adult	4/26 - 5/17	6:00pm-8:00pm	Tu \$50
4321.202	12yrs to Adult	4/12 - 5/03	10:30am-12:30pm	Tu \$50
4321.203	12yrs to Adult	5/24 - 6/14	6:00pm-8:00pm	Tu \$50

CAKE DECORATING II

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C				Mejia, Helen
4481.200	13yrs to Adult	5/04 - 5/25	6:00pm-8:00pm	W \$50
4481.201	13yrs to Adult	5/10 - 5/31	10:30am-12:30pm	Tu \$50

CAKE DECORATING III

Master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C				Mejia, Helen
4482.200	13yrs to Adult	4/28 - 5/19	6:00pm-8:00pm	Th \$50
4482.201	13yrs to Adult	5/12 - 6/02	10:30am-12:30am	Th \$50

DANCE: ADULT BALLET

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free. No class on April 18th, 24th, and May 30th.

16601 Gothard St. Suite A				Huntington Academy of Dance
4326.201	16yrs to Adult	3/30 - 6/22	7:30pm-8:30pm	W \$120

City Gym Room A				Huntington Academy of Dance
4487.200	16yrs to Adult	3/28 - 6/20	7:00pm-8:00pm	M \$110

DANCE: BALLROOM AND SWING

Session I: Merengue and East Coast Swing (Pattern A). Learn patterns in the fun, versatile Latin Merengue and jazzy East Coast Swing. No partner required. Session II: Foxtrot and East Coast Swing (Pattern B). Learn classic Foxtrot and jazzy EC Swing. No partner required. No class May 30.

Edison Community Center Hall A				Fox, Kaylaa
4328.200	16yrs to Adult	3/28 - 4/25	7:00pm-8:00pm	M \$60
4328.201	16yrs to Adult	5/02 - 6/06	7:00pm-8:00pm	M \$60

DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Murdy Community Center Hall C&D				Eckart, Maruja
4329.200	13yrs to Adult	3/28 - 5/02	7:00pm-8:00pm	M \$60
4329.201	13yrs to Adult	4/01 - 5/06	10:30am-11:30am	F \$60

City Gym Room A				Eckart, Maruja
4330.201	13yrs to Adult	3/29 - 5/03	7:00pm-8:00pm	Tu \$60

DANCE: BOLLYWOOD DANCING 101

Learn to dance like the stars of Bollywood. Each session covers various forms including folk, semiclassical, modern and more.... If you are a trained dancer or simply looking to upgrade your Bollywood social dancing skills, this class will have you moving to a variety of Bollywood beats in no time.

City Gym Room A				Idnani, Sunita
4332.201	12yrs to Adult	3/31 - 5/19	7:15pm-8:15pm	Th \$99

DANCE: COUNTRY LINE DANCE

Country Line Dance is an easy and fun way to dance to country music and is great exercise, too. Learn classics and latest line dances. No partner needed. \$2 material fee.

Murdy Community Center Hall C&D				Fox, Kaylaa
4462.200	Adult	4/07 - 4/28	6:15pm-7:15pm	Th \$49
4462.201	Adult	5/05 - 5/26	6:15pm-7:15pm	Th \$49

DANCE: LINE DANCE INTRODUCTION

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music. No class April 22.

Rodgers Senior Center Hall A				Hazard, Sue
4459.201	Adult	4/01 - 6/03	3:00pm-4:30pm	F \$43

DANCE: LINE DANCE FITNESS BEGINNING 1 & 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Rodgers Senior Center Hall A				Hazard, Sue
4460.201	Adult	3/30 - 6/01	2:00pm-3:30pm	W \$47



Register Online!
www.hbsands.org

Adult & Teen Classes

DANCE: LINE DANCE INTERMEDIATE 3 & 4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Rodgers Senior Center Hall A
4461.201 Adult 3/30 - 6/01 12:30pm-2:00pm W \$47 Hazard, Sue

DANCE: POLYNESIAN BEGINNING

Aloha. Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands. Class fills quickly. Pre-registration is required.

Art Center Multipurpose Room Seanoa, Melody
4333.201 13yrs to Adult 3/29 - 5/17 10:00am-11:00am Tu \$101*
4333.202 13yrs to Adult 3/29 - 5/17 6:00pm-7:00pm Tu \$101*
*\$91 HBAC Members

DANCE: POLYNESIAN INTERMEDIATE

Aloha. By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose Room Seanoa, Melody
4334.201 13yrs to Adult 3/29 - 5/17 7:00pm-8:00pm Tu \$101*
*\$91 HBAC Members

DANCE: SALSA

Salsa is the hottest dance and featured on TV dance shows. You'll learn basics with easy variations plus partnering skills to give you confidence on the dance floor. \$2 material fee due at first class. No partner required.

Murdy Community Center Hall C&D Fox, Kaylaa
4335.200 Adult 4/07 - 4/28 7:15pm-8:15pm Th \$49
4335.201 Adult 5/05 - 5/26 7:15pm-8:15pm Th \$49

Edison Community Center Hall A Fox, Kaylaa
4434.200 16yrs to Adult 3/28 - 4/25 8:00pm-9:00pm M \$59
4434.201 16yrs to Adult 5/02 - 6/06 8:00pm-9:00pm M \$59

DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary. \$2 material fee due at first class.

Murdy Community Center Hall C&D Fox, Kaylaa
4337.200 Adult 4/07 - 4/28 8:15pm-9:15pm Th \$49
4337.201 Adult 5/05 - 5/26 8:15pm-9:15pm Th \$49

DANCE: STREET DANCIN'

Work your body while having fun in this high energy dance workout. Hottest pop and hip-hop beats blast through D.J sound system. Colored lights create atmosphere when dark enough. (Tennis or jazz shoes, clothes you can move and stretch in). No class May 4.

City Gym Room A Harrington-Dewe, Cyndi
4338.201 12yrs to Adult 3/30 - 5/18 7:00pm-8:00pm W \$61

DANCE: STREET DANCIN' PLUS

For developmentally disabled pre-teens, teens, and young adults. This class incorporates a variety of styles of dance and music as well as self-esteem boosting exercises and games. Activities might also include karaoke style singing fun or sign language to music. Parents of new students please plan to stay and observe the first day to determine if your supervision is required. No class May 4.

City Gym Room A Harrington-Dewe, Cyndi
4427.201 12yrs to Adult 3/30 - 5/18 5:15pm-6:15pm W \$61

DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends. Never the same class twice. No partner necessary. See why this joint is jumping.

Murdy Community Center Hall A Fox, Kaylaa
4339.200 Adult 3/31 - 4/28 8:15pm-9:15pm Th \$49
4339.201 Adult 5/05 - 6/02 8:15pm-9:15pm Th \$49

DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary. \$2 material fee.



Murdy Community Center Hall A Fox, Kaylaa
4340.200 Adult 3/31 - 4/28 6:15pm-7:15pm Th \$49
4340.201 Adult 5/05 - 6/02 6:15pm-7:15pm Th \$49

DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary.

Murdy Community Center Hall A Fox, Kaylaa
4341.200 Adult 3/31 - 4/28 7:15pm-8:15pm Th \$49
4341.201 Adult 5/05 - 6/02 7:15pm-8:15pm Th \$49

DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Rodgers Senior Center Hall D Roseth, Renee
4342.201 Adult 3/28 - 6/06 5:00pm-6:00pm M \$140
4342.202 Adult 3/31 - 6/09 5:00pm-6:00pm Th \$140

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Rodgers Senior Center Hall D Roseth, Renee
4343.201 Adult 3/28 - 6/06 6:00pm-7:00pm M \$140
4343.202 Adult 3/30 - 6/08 2:00pm-3:00pm W \$140
4343.203 Adult 3/31 - 6/09 6:00pm-7:00pm Th \$140

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance. Love. Laugh.

Rodgers Senior Center Hall D Roseth, Renee
4476.201 Adult 3/29 - 6/07 6:00pm-7:00pm Tu \$140
4476.202 Adult 3/30 - 6/08 3:00pm-4:00pm W \$140

Parks & Recreation...
"Build Friendship"
...The Benefits Are Endless

Adult & Teen Classes

DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

If your dog obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call (714) 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Edison Community Center Patio Dog Services Unlimited
4344.200 9yrs to Adult 5/10 - 5/17 8:30pm-9:30pm Tu \$25

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Murdy Community Center Patio Dog Services Unlimited
4352.200 9yrs to Adult 3/28 - 4/18 6:00pm-7:15pm M \$74

DOG TRAINING: BEGINNING FLYBALL

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards. No class Saturday, May 28th.

Central Park West Haney, Katherine
4421.201 15yrs to Adult 4/09 - 6/04 9:00am-10:00am Sa \$85

DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Murdy Community Center Patio Dog Services Unlimited
4345.200 9yrs to Adult 4/14 - 6/02 7:00pm-8:00pm Th \$82

Edison Community Center Picnic #1 Dog Services Unlimited
4346.200 9yrs to Adult 4/05 - 5/24 7:30pm-8:30pm Tu \$82
4346.201 9yrs to Adult 4/20 - 6/08 6:00pm-7:00pm W \$82

DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, and come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Edison Community Center Picnic #1 Dog Services Unlimited
4349.200 9yrs to Adult 4/05 - 5/10 6:30pm-7:30pm Tu \$71

Murdy Community Center Patio Dog Services, Unlimited
4350.200 9yrs to Adult 4/14 - 5/19 8:00pm-9:00pm Th \$71



E-BAY BASICS

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Murdy Community Center Game Room Krueger, David M.
4353.200 13yrs to Adult 4/05 - 4/19 7:00pm-9:00pm Tu \$69

FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. *Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdy Community Center Hall A Orange Coast, Fencing
4354.200 14yrs to Adult 4/06 - 4/27 7:15pm-8:15pm W \$50
4354.201 14yrs to Adult 5/11 - 6/01 7:15pm-8:15pm W \$50

FENCING: INTERMEDIATE

Take your skills to the next level. This class introduces more attacks, defenses and improves your footwork.

Murdy Community Center Hall A Orange Coast, Fencing
4355.200 13yrs to Adult 4/06 - 4/27 8:20pm-9:00pm W \$50
4355.201 13yrs to Adult 5/11 - 6/01 8:20pm-9:00pm W \$50

FITNESS: 3-WEEK PRE-BREAK SHAPE UP/ CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for all level exercisers. Bring good running shoes, a mat, light hand weights, and water. For more info visit www.ocbodybusiness.com

Edison Community Center Picnic #1 Body Business
4419.200 18yrs to 75yrs 3/28 - 4/15 5:30am-6:30am M W F \$99
4419.201 18yrs to 75yrs 4/25 - 6/03 5:30am-6:30am M W F \$189

FITNESS: BALLET BOOT CAMP

Love the lean look of ballet dancers? You will strengthen and stretch muscles channeling your inner ballet body. Join other ballet beginners in this fun way to burn calories, strengthen and tone muscles and improve posture and alignment. Wear comfortable clothing and aerobic shoes. Bring a mat or towel. No class April 20.

Edison Community Center Hall B Huntington Academy of Dance
4453.200 13yrs to Adult 3/30 - 6/22 7:00pm-8:00pm W \$120

FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall C&D Fitness Specialties
4357.200 13yrs to Adult 3/31 - 6/02 6:15pm-7:15pm Th \$69

FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall A Fitness Specialties
4358.200 13yrs to Adult 3/29 - 5/31 5:45pm-6:45pm Tu \$69

Adult & Teen Classes

FITNESS: CARDIO BODY BLAST

Burn up to 1000 calories, tone, sculpt and strengthen. Cardio Boot Camp™ – Keep your heart rate up with this total body circuit training workout. Core Strength Training – Warm-down with abdominal and core exercises. Cardio Body Blast™ is best suited for intermediate to advanced level exercisers. www.ocbodybusiness.com No Class April 19.

Edison Community Center Hall A		Body Business			
4483.200	Adult	3/29 - 5/03	7:15pm-8:30pm	Tu	\$69
4483.201	Adult	5/10 - 6/07	7:15pm-8:30pm	Tu	\$69

FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for all level exercisers. Bring good running shoes, a mat, light hand weights and water. ocbodybusiness.com

Murdy Community Center Picnic #1		Body Business			
4416.200	18yrs to 60yrs	3/28 - 4/15	5:30am-6:30am	M W F	\$99
4416.201	18yrs to 60yrs	4/25 - 6/03	5:30am-6:30am	M W F	\$189

FITNESS: CARDIO HIP HOP

Get in shape the fun way-dance away those unwanted pounds with cardio hip hop. With high energy and heart-pumping music, you will raise your heartbeat. Join other hip hop beginners in this fast and fun workout. Wear comfortable clothing and aerobic shoes. Bring a mat or towel. No class April 20.

Edison Community Center Hall B		Huntington Academy of Dance			
4452.200	13yrs to Adult	3/30 - 6/22	6:00pm-7:00pm	W	\$120

FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence. Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving.

Rodgers Senior Center Hall A		Staff, Recreation			
4816.201	50yrs +	3/29 - 6/10	9:00am-9:45am	Tu F	\$55

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$80 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$105 fee up to 3 family members, \$5 extra person.

Rodgers Senior Center Hall B		Cardinal, Frances			
4386.201	3yrs to Adult	3/29 - 6/07	5:00pm-6:00pm	Tu	\$80
4386.202	3yrs to Adult	3/31 - 6/09	5:00pm-6:00pm	Th	\$80
4386.203	3yrs to Adult	3/29 - 6/09	5:00pm-6:00pm	Tu Th	\$105

FITNESS: FAT BURNING BLAST-CARDIO, CORE AND YOGA

Students will work on core strength stability exercises, strength training and learn yoga poses and breathing to help build strength, lose weight, and reduce stress. The overall result will be a more fit, flexible body. The class is 90 minutes. All levels of fitness welcome. Bring a stability ball and yoga mat.

Edison Community Center Game Room		Trifletti, Carol Ann			
4472.200	Adult	3/29 - 5/31	6:00pm-7:30pm	Tu	\$80

Parks & Recreation...

"Promote Good Health"

...The Benefits Are Endless

FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Take Head to Toe and Step together and save. No class May 30.

Murdy Community Center Hall A		Hardy, Susan			
4363.200	13yrs to Adult	3/28 - 6/06	8:30am-9:15am	M W F	\$102
4424.200	13yrs to Adult	3/28 - 6/06	8:30am-10:00am	M W F	\$124

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$10. Registration is accepted in person at any time. No class May 30.

City Gym Gymnasium		Wilker, Mary			
4364.201	13yrs to Adult	Monthly Pass		\$40	
4364.202	13yrs to Adult	10 Classes		\$55	
4364.203	13yrs to Adult	4 Classes		\$25	

FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Murdy Community Center Hall A		Fitness Specialties			
4360.200	13yrs to Adult	3/29 - 5/31	7:00pm-8:00pm	Tu	\$69

FITNESS: KICKBOXING BODY CONDITIONING WORKOUT

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Edison Community Center Hall C&D		Fitness Specialties			
4359.200	13yrs to Adult	3/31 - 6/02	7:15pm-8:00pm	Th	\$69

FITNESS: PILATES MAT CLASS

A 10 week course designed to tone and strengthen your abs, back, thighs and arms. Pilates will improve flexibility, posture, coordination and body awareness. Class incorporates exercise balls, thera-bands and magic circles. Make the commitment to living and moving well with Pilates. All levels welcome. Bring an exercise mat. No class May 30.



Edison Community Center Hall B		HB Pilates, Bronwen Finta			
4365.200	Adult	3/28 - 6/06	6:30pm-7:30pm	M	\$110
4365.201	Adult	3/28 - 6/06	7:30pm-8:30pm	M	\$110
4365.202	Adult	3/29 - 5/31	9:00am-10:00am	Tu	\$110

City Gym Room A		HB Pilates, Bronwen Finta			
4366.201	Adult	3/30 - 6/01	9:00am-10:00am	W	\$110
4366.202	Adult	3/31 - 6/02	6:00pm-7:00pm	Th	\$110

Murdy Community Center Hall B		HB Pilates, Bronwen Finta			
4465.200	Adult	4/02 - 6/04	9:00am-10:00am	Sa	\$110
4465.201	Adult	3/29 - 5/31	7:45pm-8:45pm	Tu	\$110

Adult & Teen Classes

FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Edison Community Center Hall A Spidle, Georgia
4367.200 13yrs to Adult 3/28 - 6/10 9:00am-10:00am M W F \$75

Murdu Community Center Hall A Spidle, Georgia
4368.200 13yrs to Adult 3/29 - 6/09 9:00am-10:00am Tu Th \$70

FITNESS: SPEED & AGILITY TRAINING CAMP FOR ATHLETES

A training camp focusing on acceleration, top speed sprint mechanics, explosive power and multi directional speed capability. Athletes participating in basketball, baseball, football, soccer, volleyball, tennis, softball and lacrosse can benefit from this training camp.

Sports Complex Natzel, Robert
5284.201 12yrs to 18yrs 3/28 - 6/06 9:00am-10:00am Sa \$126

FITNESS: STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Take Step and Head to Toe Workout together and save. No class May 30.

Murdu Community Center Hall A Hardy, Susan
4370.200 13yrs to Adult 3/28 - 6/06 9:15am-10:00am M W F \$102
4424.200 13yrs to Adult 3/28 - 6/06 8:30am-10:00am M W F \$124

FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Edison Community Center Hall A Fitness Specialties
4369.200 13yrs to Adult 3/29 - 6/02 8:45am-9:45am Tu Th \$85

FITNESS: STEP TRAINING AND MORE

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. No class May 30.

Edison Community Center Hall A Hardy, Susan
4371.200 13yrs to Adult 3/28 - 6/06 5:15pm-6:15pm M W F \$108
4371.201 13yrs to Adult 4/02 - 5/21 8:30am-9:30am Sa \$39

FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew.

Rodgers Senior Center Hall A & B Paul, Sue
4372.201 Adult 3/28 - 5/23 5:30pm-6:30pm M \$58

FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Enjoy getting together, working out and getting healthier, with family and friends. Students will be introduced to the basics of the traditional art of Tang Soo Do. Each group must have at least one adult. \$90 fee up to 3 participants, \$5 for each additional person. No classes May 7 and June 4.

Rodgers Senior Center Hall A Cardinal, Frances
4447.201 3yrs to Adult 4/09 - 7/02 10:00am-12:00pm Sa \$90

No class May 30

FITNESS: ZUMBA

It's different. Fun. Effective. Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout-- Join the Party. No class May 3-4.

City Gym Gymnasium Foreman, Jill
4433.201 16yrs to 60yrs 3/29 - 6/07 7:15pm-8:15pm Tu \$65

Edison Community Center Hall A Foreman, Jill
4446.200 16yrs to Adult 3/30 - 6/08 6:45pm-7:45pm W \$65

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music and utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements and easy to follow dance steps. For more information, visit www.ocbodybusiness.com No class 4/20 and 4/23.

Murdu Community Center Hall A Body Business
4464.200 Adult 3/26 - 4/30 9:00am-10:00am Sa \$49
4464.201 Adult 5/07 - 6/11 9:00am-10:00am Sa \$49
4464.202 Adult 3/30 - 5/04 7:30pm-8:30pm W \$49
4464.203 Adult 5/11 - 6/08 7:30pm-8:30pm W \$49

FITNESS: ZUMBA GOLD

Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout - join the party. One day drop-in fee for any class - \$10. No class May 7.

Rodgers Senior Center Hall A & B Foreman, Jill
4373.201 16yrs to Adult 4/02 - 4/30 9:00am-10:00am Sa \$38
4373.202 16yrs to Adult 5/14 - 6/11 9:00am-10:00am Sa \$38
4373.203 16yrs to Adult 4/02 - 6/11 9:00am-10:00am Sa \$65

FLY FISHING INTRO

Start 2011 by learning how to fly fish. Class sessions cover; fly fishing equipment, fly casting techniques and basic fly tying. Instructor provides students with fly casting and fly tying equipment and materials. We will discuss "secret" fishing locations in Southern California. A post-class fishing trip is planned.

Rogers Senior Center Hall E Nelson, Charles
4374.201 11yrs to Adult 4/25 - 5/16 6:30pm-8:30pm M \$57

FREE YOUR MIND

Happier. Healthier. Wiser. Very Practical. New lifestyle of peace and harmony - quickly releases fear, anger, depression, etc. Reducing stress and clearing out minds allows us to live NOW. Please be prompt, bring notebook and pen.

Rodgers Senior Center Hall C Caldwell, Sunny
4375.201 Adult 5/05 - 5/26 6:30pm-8:00pm Th \$36

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 10 students. Class Taught by Darren Ernst.

Meadowlark Golf Course Evergreen Alliance Golf
4377.201 17yrs to Adult 4/07 - 4/28 6:00pm-7:00pm Th \$99
4377.202 17yrs to Adult 5/12 - 6/02 6:00pm-7:00pm Th \$99
4377.203 17yrs to Adult 4/09 - 4/30 10:00am-11:00am Sa \$99
4377.204 17yrs to Adult 5/14 - 6/04 10:00am-11:00am Sa \$99
4377.205 17yrs to Adult 4/27 - 5/18 11:00am-12:00pm W \$99

Adult & Teen Classes

HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. City transportation included. 4 hikes planned, 3 to 8 miles round trip. This class involves moderate physical activity. Orientation class 4/15, 9 am - 11 am. Hikes 4/29, 5/6, 5/20, 6/3.

Rogers Senior Center Hall E
4378.201 Adult 4/15 - 6/03 8:00am-4:00pm F \$57
Shelby, Frances

KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Murphy Community Center Hall B
4441.200 16yrs to Adult 3/30 - 6/02 7:30pm-8:30pm W Th \$150
Betance, Justin

KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class May 30.

City Gym Room B
4381.201 13yrs to Adult 3/28 - 6/06 7:15pm-8:00pm M \$110
4381.202 13yrs to Adult 3/29 - 6/07 7:15pm-8:00pm Tu \$119
4381.203 13yrs to Adult 3/30 - 6/08 7:15pm-8:00pm W \$119
4381.204 13yrs to Adult 3/03 - 6/09 7:15pm-8:00pm Th \$119
Tillehkooh, Kiavash

KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Edison Community Center Hall A
4383.200 16yrs to Adult 3/31 - 6/09 7:30pm-8:45pm Th \$105
Nishimura Shoji, Wadoryu USA

KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun.

Murphy Community Center Hall B
4382.200 13yrs to Adult 3/29 - 5/31 6:00pm-7:00pm Tu \$69
4382.201 13yrs to Adult 3/30 - 6/01 6:00pm-7:00pm W \$69
Fitness Specialties

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. One class per week, \$80; two classes per week, \$130.

Rogers Senior Center Hall B
4385.201 Adult 3/29 - 6/07 6:00pm-7:30pm Tu \$80
4385.202 Adult 3/31 - 6/09 6:00pm-7:30pm Th \$80
4385.203 Adult 3/29 - 6/09 6:00pm-7:30pm Tu Th \$130
Cardinal, Frances

MUSIC: BEGINNING GUITAR/ SONG WRITING

Learn basic music theory, strumming patterns, chords, fingerpicking and a few easy songs. Discover your inner musical talent in a fun and positive environment. Learn how to write your own songs. Students must bring own guitar.

Art Center Multipurpose
4486.201 13yrs to Adult 3/30 - 4/27 3:00pm-4:00pm W \$81*
4486.202 13yrs to Adult 5/04 - 6/01 3:00pm-4:00pm W \$81*
*\$71 HBAC Members
Ratowsky, Justin

MUSIC: BEGINNING VOICE CLASSES

Become the next Huntington Beach's American Idol. Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. Materials fee of \$25 due at first class.

Harbour View Clubhouse
4485.201 11yrs to 18yrs 3/28 - 5/16 5:45pm-6:30pm M \$125
Kids Music N', Motion

MUSIC: GUITAR RIGHT NOW

This course will show you chords, strumming, tablature - all the tools needed with workbook & DVD to continue your journey and enjoy favorite songs as you practice at home. We'll be strumming simple songs by class end. Bring acoustic guitar, or electric guitar w/small amp. Limited space, register soon. Materials fee \$29 for book and DVD.

Rodgers Senior Center Hall C
3625.201 Adult 3/03 6:30pm-9:00pm Th \$27
3625.202 Adult 5/04 6:30pm-9:00pm W \$27
Eliot, Keith

MUSIC: ROCKSTAR PRIVATE LESSONS

Learn guitar, piano, or drums at your own pace on your own time. Rockstars private lessons are scheduled one on one lessons that meet based on student and teacher schedules. This is a great way to get your music career moving.

18582 Beach Bl. #214
4388.201 13yrs to Adult 3/28 - 6/04 12:00am-12:00am SuMTuWTh \$130
Rockstars Music Studios

MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes. No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun. No class May 3.

Rodgers Senior Center Hall E
4390.201 Adult 4/12 - 5/31 9:30am-10:30am Tu \$49
Price, Don

MUSIC: UKULELE 102 THE NEXT STEP

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class May 3.

Rodgers Senior Center Hall E
4391.201 Adult 4/12 - 5/31 10:45am-11:45am Tu \$49
Price, Don

QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor was a Qigong Master teaching credential.

Murphy Community Center Hall C&D
4394.200 16yrs to Adult 3/30 - 5/11 6:00pm-7:15pm W \$49
Walker, Don

Edison Community Center Hall B
4449.200 Adult 3/29 - 5/10 1:00pm-2:15pm Tu \$49
Walker, Don

RUNNING: COMPLETING A 5K

All Star Running will lead beginner runners using the run/walk method to get all participants to the finish line safely. Each runner will receive a training schedule along with instructional clinics on proper training, nutrition, injury prevention, shoe fitting and motivation. The group will be training to the 5k distance.

Edison Community Center Picnic #1
4474.200 14yrs to 99yrs 3/28 - 5/25 6:00pm-6:45pm M W \$110
Jaramillo, Carla

Adult & Teen Classes

RUNNING; COMPLETING A 10K

All star running will help your endurance, become a more efficient runner, and be prepared to run or run/walk up to the 10k distance. This program will introduce you to strength, speed and interval training with minimal risk of injury. Runner should have three months of running experience

Edison Community Center Picnic #1 Jaramillo, Carla
4475.200 14yrs to 99yrs 3/28 - 5/25 7:00pm-7:45pm M W \$110

SKATING: ICE ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class April 27.

13071 Springdale, Westminster Westminster Ice
4436.201 17yrs to Adult 4/13 - 5/11 6:45pm-7:15pm W \$35
4436.202 17yrs to Adult 5/18 - 6/08 6:45pm-7:15pm W \$35

SPANISH FOR FUN AND FOREVER BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary.

Rodgers Senior Center Hall E Blades, Murnez
4399.201 Adult 3/31 - 5/19 3:00pm-4:00pm Th \$92

SPANISH FOR FUN AND FOREVER INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent.

Rodgers Senior Center Hall E Blades, Murnez
4400.201 Adult 3/31 - 5/19 4:15pm-5:15pm Th \$92

SURFING: LEARN TO SURF

This is a 4-lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

Beach Service Center - south side of pier Sharp, Bill
4403.201 10yrs to Adult 4/02 - 4/17 9:00am-10:30am Su Sa \$180
4403.202 10yrs to Adult 5/14 - 5/29 9:00am-10:30am Su Sa \$180
4403.203 10yrs to Adult 6/11 - 6/26 9:00am-10:30am Su Sa \$180

SURFING: BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

Beach Service Center - south side of pier Sharp, Bill
4402.201 10yrs to Adult 4/09 9:00am-10:30am Sa \$75
4402.202 10yrs to Adult 4/23 9:00am-10:30am Sa \$75
4402.203 10yrs to Adult 5/07 9:00am-10:30am Sa \$75
4402.204 10yrs to Adult 5/21 9:00am-10:30am Sa \$75
4402.205 10yrs to Adult 6/04 9:00am-10:30am Sa \$75
4402.206 10yrs to Adult 6/18 9:00am-10:30am Sa \$75

TAI CHI CHUAN FOR BEGINNERS AND INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class April 21.

Rodgers Senior Center Hall B Howe, Shona
4407.201 Adult 3/31 - 6/09 9:00am-10:30am Th \$60

TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Edison Community Center Hall B Walker, Don
4404.200 Adult 3/28 - 5/09 1:00pm-2:15pm M \$49

Murdy Community Center Hall B Walker, Don
4405.200 Adult 3/28 - 5/09 6:00pm-7:15pm M \$49

TAI CHI FOR HEALTH LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. More skillful movements will be explored. You'll be taught to connect the movements and develop a beautiful moving meditation.

Murdy Community Center Hall B Walker, Don
4406.200 16yrs to Adult 3/28 - 5/09 7:30pm-8:45pm M \$49

TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Lake Park Clubhouse Walker, Don
4435.201 Adult 4/14 - 5/12 1:00pm-2:15pm Th \$45
4435.202 Adult 4/12 - 5/10 6:00pm-7:15pm Tu \$45

WOMEN'S VOLLEYBALL

Tuesday is Intermediate/Advanced only: women's competitive league play. Thursday is for the beginning to intermediate player - Learn to bump, set, spike and serve or just to refresh your skills in a real game atmosphere.

City Gym Gymnasium DiGiovanni, Joann Nalani
4409.201 Adult 3/29 - 6/07 9:30am-12:30pm Tu \$66
4409.202 Adult 3/31 - 6/09 9:30am-12:30pm Th \$60

YOGA: BEGINNERS

Learn to create balance with proper breathing techniques, body alignment/posture & restore flexibility. Strengthen the core/ back muscles to support the body as a whole with a more acute sense of body awareness. Bring a mat & blanket. Suitable for any level yoga students. No class April 27 and April 30.

City Gym Pool & Room B HelpYourHealth, RoxAnn Madera
4458.201 Adult 3/30 - 5/25 4:00pm-5:00pm W \$90
4458.202 Adult 4/02 - 5/28 10:00am-11:00am Sa \$90

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

City Gym Room B Carmichael, Yvonne
4410.201 16yrs to Adult 3/28 - 5/16 10:30am-12:00pm M \$69

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Edison Community Center Hall C&D Pavesic, Diane
4411.200 Adult 4/06 - 6/01 4:30pm-5:30pm W \$68
4411.201 Adult 4/06 - 6/01 5:45pm-6:45pm W \$68
4411.202 Adult 4/06 - 6/01 7:00pm-8:00pm W \$68

No class May 30

Adult & Teen Classes

YOGA: HEALTHY HAPPY BACK – BEGINNERS

Learn to create balance with proper breathing, technique in asana, body alignment/posture & restore flexibility. Strengthen the core/back muscles to support the body as a whole with more acute sense of body awareness. A traditional small class giving individual attention to the students. No class April 27 and April 29.

City Gym Room B HelpYourHealth, RoxAnn Madera

4220.201	15yrs to Adult	3/30 - 5/25	7:45am-8:45am	W	\$90
4220.202	15yrs to Adult	4/01 - 5/27	7:45am-8:45am	F	\$90

YOGA: INTERMEDIATE

This class is for the yoga student who has already completed a beginner's course and wants to further develop their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more challenging poses, longer holds and flowing with the breath.

City Gym Room A HelpYourHealth, RoxAnn Madera

4477.201	15yrs to Adult	4/02 - 5/28	11:00am-12:00pm	Sa	\$90
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YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome. Classes are sequenced to increase flexibility while strengthening the entire body. Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. No class 4/18, 4/20 and 5/30.

Murdy Community Center Hall A King, Jacki

4417.200	16yrs to Adult	4/25 - 5/23	4:45pm-5:45pm	M	\$45
4417.201	16yrs to Adult	4/04 - 6/13	6:00pm-7:00pm	M	\$67
4417.202	16yrs to Adult	4/04 - 6/13	7:15pm-8:15pm	M	\$67
4417.203	16yrs to Adult	4/06 - 6/08	4:00pm-5:00pm	W	\$67

Murdy Community Center Game Room Carmichael, Yvonne

4418.200	16yrs to Adult	3/30 - 5/18	10:30am-12:00pm	W	\$69
4418.201	16yrs to Adult	4/01 - 5/20	10:30am-12:00pm	F	\$69

Murdy Community Center Hall A Holden, Susan

4450.200	16yrs to Adult	4/05 - 6/07	5:30pm-6:45pm	Tu	\$67
4450.201	16yrs to Adult	4/08 - 5/20	4:00pm-5:00pm	F	\$48

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel.

Beach at 1st Street Stevenson, Sarah

4414.201	Adult	4/02 - 6/11	9:00am-10:00am	Sa	\$110
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YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Rodgers Senior Center Hall E Pavesic, Diane

4413.201	Adult	4/07 - 6/02	10:00am-11:00am	Th	\$68
4413.202	Adult	4/07 - 6/02	11:00am-12:00pm	Th	\$68



Parks & Recreation...

"Reduce Stress"

...The Benefits Are Endless

Older Adult Classes

CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Rodgers Senior Center Hall D Pavesic, Diane

4817.201	50yrs +	4/04 - 5/23	10:00am-11:00am	M	\$60
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COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is requested at the class. Prerequisite: Windows Skills course and internet experience.

Rodgers Senior Center Computer Lab Staff, Recreation

4809.201	50yrs +	4/09	9:00am-12:00pm	Sa	\$6
4809.202	50yrs +	6/11	9:00am-12:00pm	Sa	\$6

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$15 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4800.201	50yrs +	4/05 - 4/26	9:00am-11:30am	Tu	\$6
4800.202	50yrs +	5/03 - 5/24	9:00am-11:30am	Tu	\$6
4800.203	50yrs +	6/07 - 6/28	9:00am-11:30am	Tu	\$6

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$15 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills. No class May 30.

Rodgers Senior Center Computer Lab Staff, Recreation

4803.201	50yrs +	5/09 - 6/06	9:00am-12:00pm	M	\$6
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COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more. A suggested donation of \$5 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4805.201	50yrs +	5/06 - 5/13	9:00am-12:00pm	F	\$6
4805.202	50yrs +	6/10 - 6/17	9:00am-12:00pm	F	\$6

COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$15 is due at the first class. Prerequisite: Windows Skills course.

Rodgers Senior Center Computer Lab Staff, Recreation

4804.201	50yrs +	4/11 - 5/02	9:00am-12:00pm	M	\$6
4804.202	50yrs +	6/13 - 6/27	9:00am-12:00pm	M	\$6